



## Wellbeing for busy professionals

*We are a wellness and development business founded to equip people with strategies to manage their mental health at work and encourage both personal and professional growth.*

*Neutral Core partners with organisations to deliver wellbeing initiatives that promote realistic, easy-to-implement and engaging practices for busy professionals.*



## Testimonials

*"Great session, lots of positive steps to take to manage stress"*

*"Such a beautiful breathwork session."*

*"Loved the creative task. Everyone was extremely friendly."*

## Services



## Workshops

*We deliver interactive workshops that boost mental health, resilience and personal growth. Our sessions empower individuals and teams with tools to thrive, manage stress and show up as their most authentic selves at work.*

## Events & Experiences

*We offer a range of wellness experiences including breathwork, low impact movement, supper clubs and lunch and learn sessions, with the option to tailor them to suit your team's needs.*

## Tailored Solutions

*We can design bespoke solutions tailored to your people, whether as part of a wider programme or a one-off workshop focused on key groups such as women, parents or underrepresented communities.*



ONLINE

IN PERSON

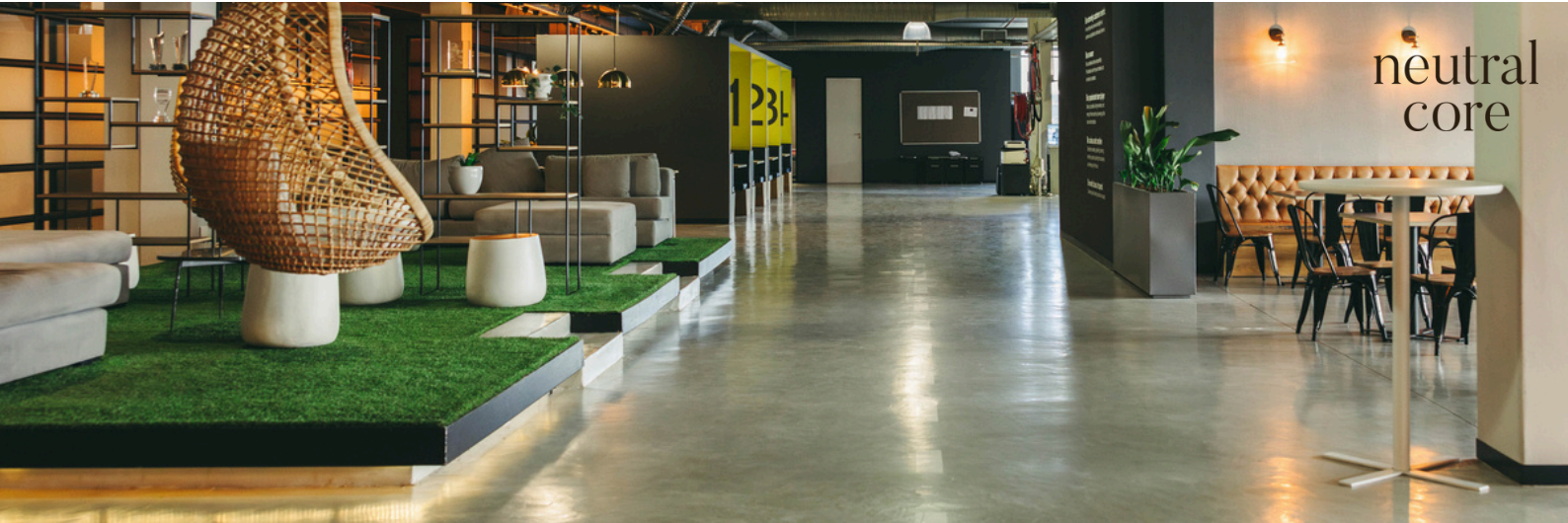


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## Workshops



### Stress Management & Emotional Wellbeing

*These sessions support professionals in understanding how stress affects the nervous system, recognising personal stress signals and exploring practical strategies to navigate challenges and feel more grounded in day-to-day life.*

### Mindset & Goal Setting

*This workshop empowers professionals to pause, reflect and set meaningful goals. Through intention setting exercises and vision boards, participants will gain clarity on their direction and create a grounded plan for what's next.*

### Energy & Resilience

*For professionals feeling drained by demanding workloads, these sessions explore how to identify energy drains, build recovery strategies and sustain focus to prevent burnout. Participants gain practical tools to recharge and maintain their performance.*

## Experiences



### Breathwork & Mindfulness

*Our guided breathwork sessions offer a moment of calm and stillness. Participants are led through restorative breathing techniques designed to relax the body, ease stress, reset the nervous system and support overall wellbeing.*

### Food

*These immersive sessions combine reflective discussion, breathwork and an interactive tasting of nourishing, healthy cuisine. The food tasting is led by one of the BBC's very own MasterChef: The Professionals chefs.*

### Movement

*These sessions focus on low impact yoga and Pilates-style exercises. This mindful movement supports both physical and mental wellbeing, and is designed to release tension and improve mobility.*

